





# AFI 40-501

- **90-day SFIP**
  - **90-day MFIP**
  - **VO<sub>2</sub> standard adjustment**
  - **AF Form 109/AF Form 1975 (MFIP)**
  - **Restructure of duties**
    - **3AO should do ALL Fit Management related duties, system troubleshooting etc...**
  - **7 day opt**
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# PD Revision

- **Where are we?**
  - **The GS 601-09 is a standard core personnel document**
  - **What does this mean?**
  - **We are re-engaging with AFPC regarding the PD**
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# But I Deserve to Be a GS-11 (I Work Hard)

● **Plan of action**






# Training Video

- **I like it...**
  - **I wrote it...(then someone else re-wrote it)**
  - **I should have starred in it...my cameo was cut.**
  - **Can be used for CC calls**
  - **Can be used in FAM training**
  - **Should be released soon**
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# HAWC Course

- **Direction of HAWCs; Organizational Structure Population Health Overview**
  - **Population Health Principles**
  - **Population Health Roles and Responsibilities**
  - **Population Facts: Fitness, fatness, tobacco, alcohol, risky sexual behavior, injuries**
  - **Effective Programs**
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# HAWC Course

- **Planning Process:**  
**Implementation: Motivational**  
**Interviewing Planning Process:**  
**Implementation: Education and Training**
  - **Air Force Programs: Weight Body Fat Measurement Program (cont)**
  - **Air Force Programs: Fitness**
  - **Air Force Programs: Tobacco**
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# HAWC Course

- **Appointment Processing**
  - **Documentation**
  - **Marketing**
  - **Office Administration**
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# AFFP Manuals

- **AFFP Manual- Has been re-written and streamlined**
    - **Should be done this week**
    - **Will be forwarded to AFMOA this week**
  - **Fit Management Manual**
    - **Need to do screen shots then will be released**
  - **AFFP Fitness Pamphlet**
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# Certifications

- **ACSM- HFI still a requirement**
  - **ACSM- Exercise Specialist is strongly recommended**
  - **NSCA is strongly recommended and can be used toward CEU for maintaining HFI**
  - **Why not mandate NSCA?**
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# Fitsoft Updates

- **Auto workload- Implements independent RPMs**
    - **Converts KPs to Watts**
    - **Beta testing at this time**
  - **Those not using auto workload**
    - **Report will show Watts**
    - **Those not using auto workload- prompt for WL increase will be in KP during testing**
  - **Screen will still prompt KP for those not using auto progression**
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# Fitsoft Updates

- **Increased starting workload for heavier individuals to lowest WL at which member can receive a passing score**
  - **Will be able to make changes to DOB, gender, and rank**
  - **Registry key fixed. Should not have to re-set base when new person logs onto Fitsoft**
  - **BMI will be added back to both reports**
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# Fitsoft Updates

- **Custom workloads**
  - **Increased starting workload for heavier individuals to lowest WL at which member can receive a passing score**
  - **Muscular Fitness switched to Pass Fail**
    - **Reports set up to accommodate Pass/Fail/Exempts**
  - **Target date for release- Dec 7, 2001**
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# Monark Bikes


- **StairMaster 1-800-635-2936 ex 7176**
  - **POC Doris**
- **Heart Rate RPM kit - (Would replace Microfit box) Cost: Projected 136.00**
- **Retrofit Kit (Allows Microfit box to fit on the 828) Cost: Projected about 20.00**

**-OR-**

- **Microfit 1-800-982-2626**
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# Civilian FAMs

- **Manpower issue**
  - **May be able to use such things as the number of manual test you have done as justification**
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# MFIP Tracker

- **Several bases in ACC are either using or on the verge**
  - **Talker has been sent to AFMOA and SVS regarding adoption**
  - **Sent info to PHSD to get their take on what will be needed to make an AF program**
  - **Have support from SVS regarding use of Tracker**
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# CBT

- **What are your thoughts?**
  - **How are you using it?**
  - **Are any of you getting support for tech problems?**
  - **Are problems at your bases inherent to CBT or technical in the sense that folks aren't reading and following directions?**
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